

Welcome...

...to issue 4 of your quarterly Psychological Practitioner Community of Practice (PP CoP) newsletter, reaching you slightly later

than planned (originally scheduled for June) due to a pause for the UK General Election. This issue includes an overview of registration for CWPs and EMHPs, which is relevant to many of our members currently in the process of applying and receiving their registration. It's exciting to reach this stage for CWPs and EMHPs, in line with PWP's who have been registered since 2021.

We also have content this month from **Sian Clements** (thank you Sian!) on pages 5 & 6. If you would like to write something or contribute an idea to the newsletter, reaching psychological practitioners and others across the North West, then please get in touch... we'd love to hear from you. Contact details can be found below or on page 7.



Elspeth Ward - Representing PWP
elspeth.ward@lscft.nhs.uk



Chloe Booth - Representing CYWP
chloe.booth@merseycare.nhs.uk



Kirsty McNeilis - Representing EMHP
kirsty.mcneilis@gmmh.nhs.uk



Rachel Wharton - Representing MHWP
rachel.wharton@wearewithyou.org.uk

Don't forget to remind your
peers and colleagues...

Membership of the PPN is free
and open to psychological
professionals, trainees, experts
by experience, and other
stakeholders - join at
ppn.nhs.uk/register

*To join our CoP please click on the
button below:*

Psychological Practitioner CoP

*Other CoPs are also available. Please see
Newsletter Issue 3 or the PPN website for
further details of these and to join.*

CWP & EMHP Registration: Update & Information

Registration for Children's Wellbeing Practitioners (CWPs) and Education Mental Health Practitioners (EMHPs) was initially launched on 24th April 2023, and registration has become an NHS England requirement for CWPs and EMHPs from 24th April 2024. This follows in the footsteps of PWPs, for whom registration was launched back in 2021. NHS England and NHS Improvement have directed that all Wellbeing Practitioners should be registered with either the British Association for Behavioural and Cognitive Psychotherapies (BABCP) or the British Psychological Society (BPS).

“The aim of the Register is to protect the public, employers and other agencies by helping them find practitioners who have met our required standards. This provides assurance that employers and practitioners are adhering to the national competency framework and that practitioners are practicing safely within their role and specified system of care.”

The BABCP holds the [Wellbeing Practitioner Register](#), which covers PWPs, CWPs, and EMHPs currently.* Registration with the BABCP requires agreement to abide by their Standards of Conduct, Performance and Ethics. Registrants will be listed on the Wellbeing Practitioner section of the public CBT Register UK & Ireland, and name, region, and BABCP membership number will be included in the listing.



The BPS holds the [Wider Psychological Workforce Register](#), which covers several roles, including PWP, CWP, and EMHP.* Registration with BPS requires agreement to abide by their Member Conduct Rules, Code of Ethics and Conduct, and Fitness to Practice Framework. The listing will include registrant's name, membership type, register ID, registered role and the location of their employing organisation. Registration with either registering body will require membership - standard membership for the BABCP, and either graduate membership if appropriate (GMBPsS) or associate membership (AMBPsS) for BPS. Membership fee must be paid annually. There is also an annual fee for registration to be maintained. On initial application for membership and/or registration there may be one-off application fees that apply. Please see the relevant registering body's website for further and most up to date details of these ([BABCP](#) or [BPS](#)). A wide range of additional information is included on the relevant websites, including access to informative webinars held by BABCP and BPS jointly, such as [this one](#) from March 2024.

CWP & EMHP Registration: Update & Information cont.

Eligibility requirements for registrants are also clearly detailed on the relevant websites, and the requirements have been developed, in conjunction with NHS England, to be the same whether you choose to register with BABCP or BPS.

Broadly, practitioners must:

- have graduated from a British Psychological Society (BPS) Accredited* (post January 2023) or Higher Education England (HEE) Approved (pre January 2023) Wellbeing training course.
- be currently working within a specified system of care relevant to the role.
- be completing a minimum of 2 hours per week of clinical practice, including both assessment and treatment.
- be receiving the specified minimum amounts of supervision from an appropriately qualified supervisor

Further details of the above requirements can be found via the [BABCP](#) or [BPS](#) websites.

Application for registration can be completed online for either registering body. Both processes require a supporting form from your current clinical supervisor, as well as evidence of your certificate of training, and payment of the appropriate fees.

As of July 2024 we can see that in excess of 660 CWPs and EMHPs are now included across the two registers. It is exciting to see this develop and to ensure the benefits of registration are known across our PP CoP and PP workforce!

**We are aware that registration is not yet available for our MHWP members - we will endeavour to provide prompt updates on this as they become available.*

Resources: PPN website & Career Map, and North West PP CoP web page.

If you haven't yet explored them, the main [PPN website](#) and the [North West PP CoP page](#) are well worth checking out and include a range of useful resources:

The PPN website includes an interactive [Career Map](#) that gives a wealth of information on the range of career opportunities in NHS psychological professions. This can be informative for your own career development, or to learn more about colleagues roles.

The North West PP CoP web page includes access to the updated [Terms of Reference](#) for our CoP, as well as other useful documents and all of our previous newsletters. Check them out!



Event Report: NHS Talking Therapies Leadership and Innovation Forum (NHS TT L&I Forum)

In Issue 3 we shared details of the, then upcoming, Spring 2024 NHS Talking Therapies Leadership & Innovation Forum, which was held in April. Elspeth, your Co-Chair representing PWP and current New Roles Leadership Fellow at the PPN, has provided the below report on the event.

On Thursday 25th April the PPN NW and PPN North East & Yorkshire (NE&Y) co-hosted the Spring NHS Talking Therapies Leadership & Innovation Forum. The Forum was well attended by staff working in Talking Therapies services across the whole of the North of England.

A wide range of topics were covered:

- Joe Keaney and Molly Lever presented the PPN NW Expert by Experience (EbE) Report and asked attendees to consider how NHS TT can benefit from EbE involvement.
- Liz Kell provided attendees with a summary of the national updates and there was an informative presentation on the NHS TT Staff Bank, which is being piloted in our region.
- Darren Liddle gave an engaging presentation on Neurodiversity in Clinical Practice
- Mel Simmonds-Buckley gave an inspiring look in to her research on Expanding Treatment Choice at Step 2.

The next Forum will be held in the autumn, so if you are interested in Leadership and Innovation within Talking Therapies keep an eye on the PPN NW newsletter and socials for more details.

Save the date! Our next PP CoP event:

Please save the date in your calendars, for our next PP CoP online event:

Tuesday 3rd September - 12 noon to 1pm

Trainee ask a Qualified (or combinations of!)



We will email out further reminders before the session with an invitation to highlight issues or challenges for consideration and give input into the agenda also. On the day the session will be interactive through a variety of discussion mediums.

We have already held one successful online event, back in February, and are looking forward to meeting more of our CoP members at this next event - please join us!



ROLE SPOTLIGHT: Psychological Wellbeing Practitioner (PWP)



Sian Clements joins us this issue to give us insight into a typical day in the life of a PWP. Sian has 17 years of experience as a PWP, and for the past 2.5 years has held a Senior PWP (or SPWP) role. Sian has worked within two “wonderful” teams within NHS Talking Therapies, and tells us that the passion, determination, care and support is second to none and inspires her each day. Please read on to find out more about the longest standing of our Psychological Practitioner roles.



“ I start the day by checking my emails to check if I need to action anything from the day before and to see if I have any messages such as client cancellations for the day. I set either my workstation or clinic room up with all of things that I will need, such as headset, phone, pen, paper, self help materials, and then check our IAPTUS database to see which clients are booked in and what times, so that I’m aware of what my day looks like from the outset. I usually start my clinical day around 9.15am, and today I am starting with an assessment.

This is where a client has referred into the service and we will assess their current needs. We ask a number of questions to ascertain living situation, long term conditions, work situation, children etc. We complete a risk assessment, which we do in every session we have with a client. We ensure that the client is not a risk to themselves or others; we manage the risk and complete a safety plan or escalate if necessary (in our Trust this is to the Initial Response Service - IRS). We then ask the client to explain what has been going on for them and what brought them to the service.



Once this is finished I complete my notes and the necessary admin tasks on IAPTUS, including sending an email to the client with any signposting materials. I will then prepare myself for my next appointment.

Today that happens to be a first appointment. This means that the client has been through the assessment process above and has been placed on the waiting list for a PWP. In this session I will always review the assessment and ensure that the information written is correct and then ascertain an update between the assessment and the 1st appointment.



●●● Within this appointment I'm collating information and populating the 5 areas model as the client is talking. Once I have gathered this information, I will then present this to the client, talking through the 5 areas model each section at a time, considering how their symptoms correlate to the model, looking at thoughts, moods, behaviours and physical reactions and how each area impacts the others and how, for this client, this then shows the cycle of anxiety. We would always check in on risk, and although this client did not have any suicidal ideation or intent I reiterate safety numbers as a protective measure.



We then decide upon some goals for our sessions together – what the client wants to get out of our sessions and what they would like to be different by the end of our time together. Following the session, I type up my clinical notes and I then usually give myself half an hour to catch up with emails, send emails, and gather any self-help material I will need for the afternoon, and then stop for a bite to eat.

This afternoon I have three follow-up sessions scheduled. These are 30-minute sessions and I will cover a variety of things such as low mood, anxiety and stress. For this I will use a variety of techniques including: behavioural activation (BA), thought challenging, diaries (thought diary / BA diary), worry time, worry tree, stress bucket, and problem solving. Again, I am ensuring that I check and document risk for each client.

Finally, today I have my case management supervision. I have this for an hour per week and this is where I get the chance to discuss my cases. I ensure that I bring all assessments to discuss, so that I can be confident they are getting the correct modality of therapy. I discuss our first appointment and a brief plan of what we are going to be undertaking with them. Then I bring any clients that I am not sure or have a question about, and finally those that I am planning on discharging. Supervision is a great way to highlight any areas to I need to work on, spot any little jobs I may need to do, and overall reflect upon the week and my cases.

I have been a PWP for 17 years, a SPWP for 2.5 years, and have been with the NHS since the inception of Improving Access to Psychological Therapies (IAPT), now known as NHS Talking Therapies for Anxiety and Depression. The thing that draws me back to my job time after time is seeing the impact that our work, and the skills and techniques we use in interventions, has on clients and how they can in turn change their lives and get back to being themselves..... a little really does go a long way.



Remind your peers, colleagues,
and key stakeholders to...

Check out our website...

You can find our CoP webpage
via the main PPN website at...



www.ppn.nhs.uk/north-west



Find and connect with
us on LinkedIn...

Psychological Professions Network North West

Your CoP co-chairs, as well as many of the PPN regional networks, can be found on LinkedIn. If you use LinkedIn, come and make some connections with us, and one another, and see what we're up to as Psychological Practitioners.

JOIN THE
PPN



Membership of the Psychological Professions
Network brings you:

- Updates on regional and national NHS policy developments
- Debates and consultations where you can learn from and influence colleagues and commissioners
- News about our and other organisations' activity, including CPD and events
- PPN regional events and annual PPWeek celebrations, including national conference and regional sessions
- Communities of Practice – join or start special interest groups across the region with our support

Membership is free and open to psychological professionals, trainees, experts by experience, and other stakeholders – join at ppn.nhs.uk/register

Do you have an idea, or something to submit, for our newsletter?
Or can we encourage you to join our newsletter team?

We are keen to engage our membership in developing content for this newsletter. We are looking for news, examples of good practice, shared learning, research or any other ideas/suggestions you feel would benefit our PP CoP.

If you are unsure about writing your piece up, please reach out to us with the idea and we can either write it for you, or give support to get it ready. We would love to build a team of people to develop this newsletter, to make it truly representative of the CoP membership and ensure content is interesting and relevant to all!

For issue 5, content requests (or submissions of ideas for inclusion) are required by the end of August 2024. Please send directly to Kirsty at:

kirsty.mcneilis@gmmh.nhs.uk

*Issue 5 due out around the
second week of September 2024.*

Thank you!